

# Sydney Shopping Trip



A fundraiser for BNC's community programs

## Saturday 17th November

**Cost:** \$65. Under 18's \$35.

\$30 deposit upon booking.

**LIMITED NUMBERS - BOOK SOON**

**Pick-up locations:** Belmont Neighbourhood Centre and the Black Swan Motel Bus Stop, Swansea. Leaving BNC at 7am.

RSVP  
AND FINAL  
PAYMENT  
10TH  
NOVEMBER  
2018



## What you can regularly find at the Centre

<b>Belmont Mens Shed</b> —Open Mon— Fri 9am-3pm
<b>Beautician</b> —Once a month 10am-1pm by Appt
<b>Book Exchange</b> —Mon—Fri 9am-3pm
<b>Craft, Coffee &amp; Chat Group</b> —Friday 9.30-12pm \$5 for members
<b>CADA Dance Academy</b> —0412502528
<b>Centre Stage Performing Arts</b> —Wed 4pm 0431 036 659
<b>Community Pantry</b> —Wednesdays 12noon, \$10 per food box
<b>Computer Lessons</b> —Mon, Wed, Thurs, Fri, \$5/hr for members
<b>Free Legal Advice</b> — Tues Fortnightly 2pm-4pm by Appt
<b>Habitat in Harmony Community Garden</b> —Mon-Fri 8am-2pm
<b>Healthy Moves</b> —Mon & Thurs 8-8:55am (challenging ) & 9-9:45am (easier with seats) \$5 for members
<b>Hunter Region No Interest Loan Scheme</b> —Tues & Thurs by Appt
<b>Hunter Volunteer Centre</b> —Thursday 9am-1pm by Appt
<b>Justice of the Peace Service</b> —Monday to Friday 9am—3pm
<b>Lifeline Counselling</b> —Low cost, Mondays by Appt
<b>Massage</b> —Thurs, \$35 for 45 min for BNC members by Appt
<b>Mothers &amp; Babies Group</b> —Every Thursday, 10am, free.
<b>Orange Sky Laundry</b> —Free Every Wednesday 11am—1pm
<b>Oz Harvest</b> —Free food, Wed and Fri @ 12 noon
<b>Physical Culture</b> —Mon, tues and weds, 0437895822
<b>Red Robin Playgroup</b> —Monday 10am \$4/per family
<b>Playstation Toy Library</b> —Mon-Fri \$12 Membership
<b>Reflexology</b> —Tues \$25 for members for 45 minutes by Appt
<b>Stretch &amp; Balance</b> —Class Fri 8-9am \$5 for members
<b>Tai Chi</b> —Tuesdays 8.30-11.00am \$10 0407938198
<b>U3A</b> —Crochet Class, Fridays 9:30-11:30
<b>U3A</b> —Keeping the marbles Rolling Wednesday from 1:30
<b>Weight Watchers Group</b> —Mon & Wed 131997
<b>Yoga Classes General</b> —Mon 6.30pm \$12
<b>Yoga Beginners Class</b> —Wed 6pm-7pm \$12



BELMONT  
NEIGHBOURHOOD CENTRE

# Neighbourhood Natters

**2018—Term 4**

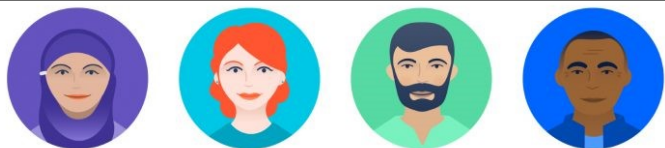
**15/10/18—19/12/18**



**359 Pacific Highway**  
(cnr. Old Belmont Road)  
**Belmont North**  
[www.bnc.asn.au](http://www.bnc.asn.au)



**FOR ALL ENQUIRIES OR BOOKINGS**  
**PHONE 02 4947 0031**



## DIVERSITY DAY COMMUNITY LUNCH

### WHAT MAKES YOU UNIQUE?

All are invited to join us for a community lunch to celebrate the diversity in our community. Call 4947 0031 to book.

November 22, 11—1pm, \$8 donation



**New program!**

## Mums and Bubs group


Every Thursday, 10:30am—11:30am starting 27th Sep  
Cost: Free! Bring a blanket or mat



## Santa Letters!

Write a letter to Santa and we will post it to the north pole for you!  
Deposit your letters at reception, including your name, address what you like to do most and your Christmas wish list.





## Belmont Mens shed Christmas Cutouts

The men have been busy making an assortment of Cutouts for you to display; Surfing Santas, Minions, xmas trees and more.

All proceeds go towards supporting your local mens shed. Drop in and see what is available, custom orders also welcome.

## Lifeline Counselling

We all experience physical or emotional crises at some point in our lives.

People come to counselling to talk confidentially about their problems, to help find solutions and improve their mental health and well-being. Lifeline Hunter's counsellors visit BNC weekly, to offer low cost counselling to anyone in need of some extra support. To make a booking, contact BNC reception, or call lifeline on 4940 2000.

Lifeline counselling is provided in partnership with Lifeline Hunter & Central Coast, Belmont Neighbourhood Centre and Belmont 16's.

## OrangeSky Free Laundry Service

— Australia —

Orange Sky provides a free clothes washing service for those in our community who are experiencing homelessness. Every Wednesday from 11am.

## HUNTER WATER ASSISTANCE

The Hunter Water Assistance Scheme is designed to help local residents who are struggling to pay their Hunter Water Bill. This assistance may include a rebate on your Hunter Water bill.

Call Belmont Neighbourhood Centre on (02) 4947 0031 to access this assistance



## 1-2-3 Magic Parenting Program

Easy-to-learn Parenting solutions that work,  
for Parents with Children 2-12 years

1-2-3 Magic is a leading resource for parenting solutions that are easy to learn and are proven to work.

These include effective and positive ways to discipline your children.

Venue: Belmont Neighbourhood centre

Dates: Mon 22nd, 29th Oct & 5th Nov 2018

Time: 12:30pm—2:30pm



To register, or for more information, please call  
BNC reception on 4947 0031.  
Bookings essential!



## HALLOWEEN DISCO

31st October



Join us for a night of fright and disco delight. Lots of games, fun and prizes to be won. Tickets available online via [www.stickytickets.com.au/76962](http://www.stickytickets.com.au/76962)



## Resume Help

Need some help with a Resume or job application??

We can help tweak, tidy and edit your resume so that it is easy to read and understand. Printing facilities are also available.

By appointment only, Mondays and Tuesdays. Call Belmont Neighbourhood Centre on 4947 0031 and ask for Chris.